



**Being graphic  
about violence**  
Campaign comes  
to Conestoga  
to heighten  
on-campus  
awareness.

NEWS 3

# Spoke

**Paying to play on campus**  
Conestoga students are obligated  
to participate in student life.

COMMENTARY 4

**Lounge looks lovely**  
Sanctuary gets facelift in time  
for returning students.

NEWS 6

Monday, August 26, 2002

Conestoga College, Kitchener

34th Year — No. 15

## No election does not bother CSI

By JODY ANDRUSZKIEWICZ

Despite not having the yearly election, there is a new student government at Conestoga College.

In the last academic year, a lot of changes took place within Conestoga Students Inc. (CSI) including the introduction of the term "free pleasure" on campus, a vice-president wearing a dress for a week, two executives jumping into freezing water wearing nothing but T-shirts and bright pink thongs, and the lack of an election.

But that didn't stop the CSI from having four students "elected" to their respectful positions.

"I was very excited to be able to have a second term," said Jon Olinski, who is returning as president of CSI.

"Last year there was a lot of interest and involvement from our board of directors and I was surprised at the fact that there was not more interest in running for the executive positions."

Two of the executives, Justin Falconer, vice-president of academics, and Jay Mielke, vice-president of student activities,

were board members last year.

Jeff Stemmler, vice-president of communications, is the only executive member with no previous CSI experience.

This was the first time in more than five years that there hasn't been an election. Acclamations are not new to the CSI, but an entire executive being acclaimed is something altogether different.

Last year, two executives, Jamie Taylor, vice-president of communications, and Jody Andruszkiewicz, vice-president of academics, were acclaimed to their positions. However, there was a heated race for the president's position that sometimes had more of a circus-like atmosphere than an election. It also, at times, resembled the disastrous elections held in the United States in 2000.

But that didn't curtail anyone's enthusiasm. "The fact that there wasn't an election could be seen as a wakeup call," said Falconer.

"It means there is a lot of work ahead of us, but at the same time it means that people who wanted to do the job are going to be doing the job."



(Photo provided by CSI)

Ready for the new year are: Jon Olinski (from left), Jeff Stemmler, Justin Falconer and Jay Mielke.

Falconer said that he would have rather had an election than be acclaimed because it means the stu-

dents are behind that person's ideas and opinions. However, he said that although there wasn't an election, it

does not rule out student support.

"I strongly believe that after this amazing year there will be elections, simply because students are going to like what they see and are going to want to get involved."

Having many or all positions acclaimed is not an unusual thing within student unions across Canada. It's a rarity when an entire executive gets acclaimed.

Both Mielke and Stemmler agreed that the lack of an election was a concern, however, Stemmler put a personal twist on the situation.

"I'm a bit relieved there wasn't one," he said, joking about his concern about being elected.

This is a special  
orientation issue  
of Spoke.  
Regular production  
will resume on  
September 16.

## Solar car team raring to go

By NICOLE CHILDS

The solar car team is up and running and is currently trying to salvage materials to get their solar car ready for the 2003 American Solar Challenge.

Members of the team took a look at the past when they pulled out old solar cars and remaining parts of vehicles from previous teams to determine what can be used and what should be scrapped.

One car had a three-wheel frame, which can be unstable, whereas the other car had a more suitable four-wheel frame.

The team found old solar cells from previous years among the remnants, but still need to locate a box of unused solar cells. The cells they did find were smashed and unusable.



(Photo by Nicole Childs)

Adrian Townsend, a first-year robotics automation student, pretends he is driving while sitting in an earlier version of a solar car.

use them, since newer, more effective cells are on the market.

The team now has almost 40 members but they are still looking for more. They need students from the electrical, mechanical, business and marketing programs. They have not yet decided who will drive the 2,300-mile race, but think it will have to be a couple of people due to the heat.

The students have been working on a proposal that must be approved by the college since space at the campus is needed to build the car and fundraising is planned.

The proposal includes financial plans and proposes that work on

the car be part of the program's curriculum.

While the car is still in the early stages, the team is working hard to get everything in order. They plan to reuse as much of the materials as possible including a lot of raw aluminum, some solar car cells and a few batteries.

While looking over the old four-wheel framed car they tested batteries and even had first-year robotics automation student Adrian Townsend sit in the car to test the heat factor.

Heat problems and dehydration will be one problem they will have to tackle before the race.

## Alumni association spreading the wealth at Conestoga

By KATHLEEN DESCHAMPS

The Alumni Association of Conestoga College handed out more than \$12,000 to end the 2001/2002 school year.

The association has been fundraising over the past several years and has put the proceeds into a special projects fund in order to financially aid groups and individuals. Four of the proposals sent to the association for consideration were approved for funding.

"Our biggest fundraiser is definitely convocation," said Monica Himmelman, alumni services officer. "We sell frames, roses, and even cameras."

The alumni association also has two affinity agreements with Johnson Inc., an insurance provider, and MBNA Mastercard.

Himmelman said she was pleased with the projects that will receive money. "The proposals were awesome," she said. "Three out of the four proposals directly impact on students."

Of the money to be handed out, the Conestoga College recreation centre will benefit the most financially. A 63-inch television, costing close to \$5,500, will be pur-

chased and placed in the upper concourse of the recreation centre.

Greg Burns of the Conestoga College recreation and leisure services program will receive \$2,500 for a future event called A Recreation Legacy.

Students will spend the day at Cruickson Park doing trail and bridge construction, and planting trees. The funds will cover all of their expenses.

Some of the special fund money will go towards purchasing a computer in the Co-op office in 2B07. This will help students in job searches and will be connected to the college's network.

An organization called Small Steps to Success will get \$2,889. It will assist that organization in financing a newsletter that will help build awareness.

This is the first year that the alumni association handed out money, and Himmelman hopes to do it again in the future.

"There's nothing to say that we can do it every year, but hopefully every few years."

All the proposals had to improve the partnerships amongst alumni, the community and the college. The financial planning task force reviewed the proposals.

**They need students  
from the electrical,  
mechanical, business  
and marketing  
programs.**

The car they are planning will have nine square metres of surface area to fill with cells, so they will need as many as they can get.

If they are able to locate the unused cells, they will have to carefully consider whether they will



**COUNSELLOR'S CORNER: Change**

As you begin your new semester at college, you will begin the process of change. Whether you are leaving your parents for the first time or you are parents leaving your children, the transition will feel exciting and perhaps a bit stressful too. Change means an ending, and even if you are welcoming this change, it's natural to resist new ideas and ways of doing things.

William Bridges, who writes about transitions, says four things can help us through that uncomfortable time between the old and the new:

1. Try to do things that make you feel more in control, like getting the information you need to find your way around.
2. Understand that this is a transition time and if you feel overwhelmed, it doesn't mean going to school was a bad decision, you are just in transition.
3. Find support systems in your family, old friends, new friends, your teachers and counsellors in Student Services.
4. Keep in mind your purpose in coming to school; focus on this outcome.

Remember you are not alone in this transition time. If you do need more support, talk with a counsellor in Student Services at your campus. Counselling services are confidential and free.

**PEER SERVICES OFFERS:**

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Tutoring can help improve marks and understanding of course material. The cost of tutoring is \$15 for 5 hours of tutoring.



**PEER HOST SERVICE:** Volunteer peer hosts provide support and friendship to students from other cultures. Peer hosts can help students improve their English, learn more about Canadian culture and Conestoga College.



TO APPLY FOR A PEER TUTOR OR PEER HOST, VISIT  
STUDENT SERVICES (2B02)



(Photo by Mary Simmons)

Sean Cooper (left) and Brian Clinch were the winners of the recent annual student paper competition. They beat teams from the University of Waterloo and the University of Guelph, as well as their own classmates from Conestoga College.

## Conestoga students take top prize at annual competition

By MARY SIMMONS

Ten months of hard work and many sleepless nights paid off for two Conestoga College students.

Brian Clinch and Sean Cooper took top honours in an annual competition that showcases excellence in electronic design and research, which was held at the University of Waterloo earlier this year.

College and university students described their projects to a panel from the Institute of Electrical and Electronics Engineers, an international standards organization.

Three Conestoga College teams presented their projects, as did three teams each from the University of Waterloo and the University of Guelph.

Clinch and Cooper took home \$200. They received \$100 for finishing first from their school and another \$100 for placing in the top position overall. They are also expecting to receive a trophy from the Grand River chapter of the institute.

The experience and recognition of all their hard work, however, was worth more than any prize.

"It was a confidence booster," Clinch said of the experience and the win. "The prizes were a bonus."

The other teams from Conestoga College included Michael Carney,

Chris Buckle and Michael Kraus, who designed a transmitter and receiver, and Mark Pecters and Scott Howes, who designed a wireless storage device.

Both Clinch and Cooper were third-year students in the computer systems stream of the electronics engineering technology program at Conestoga College.

The project was designed for Virtek Vision International, a Waterloo company that is a leading developer of precision lasers and automation technology worldwide.

The team designed a LAN-based universal motion controller. They described it as an add-on enhancement to the laser projection system by Virtek.

The company has taken phase one of their project to a trade show in Paris, France.

Cooper said they were lucky to have the corporate partners.

"It definitely gave us opportunities to work with high-tech equipment in real-life situations," he said.

Since the win, the two students have graduated and are off to explore other avenues to exhibit their skills and talent.

Clinch has been accepted to the engineering program at the University of Western Ontario and Cooper hopes to find a job.

## HRDC.com great Web site

By MARCY CABRAL

A new school year is upon us. For those students new to the area, a job hunt may be on the list of things to do.

One Web site that can help reduce the stress in finding a job is HRDC.com.

This Web site is the Human Resources Development Canada site and is a great job search engine. With a few quick clicks of the mouse you're off and running to find the perfect job.

Along the left-hand side of the home page, direct your mouse to

the Canada job bank and with one click you have hundreds, if not thousands, of jobs ready for you to sift through. The Canada job bank is an electronic listing of jobs across the country. If you are looking for employment in a certain province be sure to select that province and/or region or you'll be unknowingly searching for jobs throughout the country.

Also found through the HRDC Web site is a special student jobs section. Searches are conducted the same way, by filling in fields or searching all listings, but these jobs are tailored to students.



# Graphics students get tough on violence

By NICOLE CHILDS

The first-year graphics design students at Conestoga College let their work shine for the anti-violence campaign poster contest.

The contest was proposed earlier this year and students were told the posters must express the theme that Conestoga does not tolerate violence, must be college specific but suitable for all campuses and residences, must be dramatic and promote awareness without scaring people, and must be imaginative and creative.

The posters were judged by Carol Gregory, co-ordinator of student services, Kim Radigan, co-ordinator of health and safety, and Al Hunter, supervisor of security services.

The winners received cash prizes. Crystal Colling won first place and was presented with \$200 for her fruit series posters. Kim Dodd took second place with her poster of a girl covered in sand with the caption, "Don't bury your head in the sand" and was presented with \$150. Sarah Fontes took third place and received \$100 for her poster of gauze crisscrossed and the caption, "The wounds of violence will never heal until we apply pressure." Stephanie Reid and Kristin Kotack were given hon-



(Photo by Nicole Childs)

Anti-violence poster contest winners were Sarah Fontes (from left), third place, Crystal Colling, first place, and Kim Dodd, second place. They stand with Joe Martz, a third-year graphics design student who helped them with their projects.

ourable mentions for their work.

The students received help and guidance from third-year graphics design student Joe Martz. He

worked with them on their projects and helped with the layout. The students did all the other work themselves including design

and photography.

Hunter was extremely impressed with the work of all the students. "I expected them to be

good but I didn't expect them to be this good," he said.

Initially only one student was to receive a prize and have his or her poster used around the school but after Hunter saw the quality of work he decided to have three winners. He added that having multiple winners means more variety of posters to use around the school which will help keep the message fresh.

When Hunter proposed the idea for the contest the students were very positive about it and Vince Sowa, a professor in the graphics design program, also showed a lot of interest. Thirty-one students entered the competition.

Hunter said he had seen anti-violence posters at other campuses and knowing the work that the graphics design students can do, thought Conestoga could do better.

Coincidentally, the posters were ready just as Conestoga's executive committee approved its new anti-violence policy statement.

The college is reviewing many of its policies to ensure that they stay up-to-date and meet the college's needs today.

Hunter took the winning posters along with him to the Ontario Association of College and University Security Administrators to show off what has been done.

## Birth of a building



In the summer of 2001, Conestoga College broke ground on a \$15-million expansion at the Doon Campus. Over the course of 12 months, the building, now known as the E wing, took on a life of its own. These are pictures provided by the students of the journalism program.





## Enjoy college while you can

It's often said college is the best time of your life.

Whoever coined that phrase knew exactly what they were talking about. This year, like past years, student associations across Canada will be providing students with a variety of activities as part of student life. Here at Conestoga College, the very same thing is happening.

That's a great thing to see because that means your student dollars are being spent on students. Students at Conestoga pay what is called the Conestoga Students Inc. association fee. If you look on your tuition statement, it's the fee levied right behind tuition.

But what does the fee do?

Obviously it pays for staff salaries. Most importantly, it pays for the representation the students have with the college's administration as well as the provincial government. Those two key factors alone make the association fee an important and vital one for students.

But the glorious aspect of the fee is the activities that are provided to the students by the student association.

It's important for students to participate in all aspects of student life. Quite simply, you are obligated to participate in student life because you've paid for it. Far too often students go about their entire college experience without participating in student life. That is a terrible shame because those students paid for something they had every right to have access to.

What does student life entail?

It includes classes, pub nights, live entertainment, sporting events and campus recreation. Student life is not centred around drinking as some worriers might think. Nor is student life a gigantic eight-month party.

Rather, student life is centred around the idea of community and friendship. Some of the best friends you will ever make in life are the ones you will meet at college. Student life makes a lifelong impact on those who participate in it regularly. Ask anyone who participates in student life activities and they will tell you they had the best time of their life at college because of those events.

And if you probe deeper, part of the reason they participated so often was because they had made an investment.

As clichéd as it sounds, it is true the experiences you get from an event are directly related to the effort you put into that event. Participating in an event and having a good time can be the investment you make into making an event a good time.

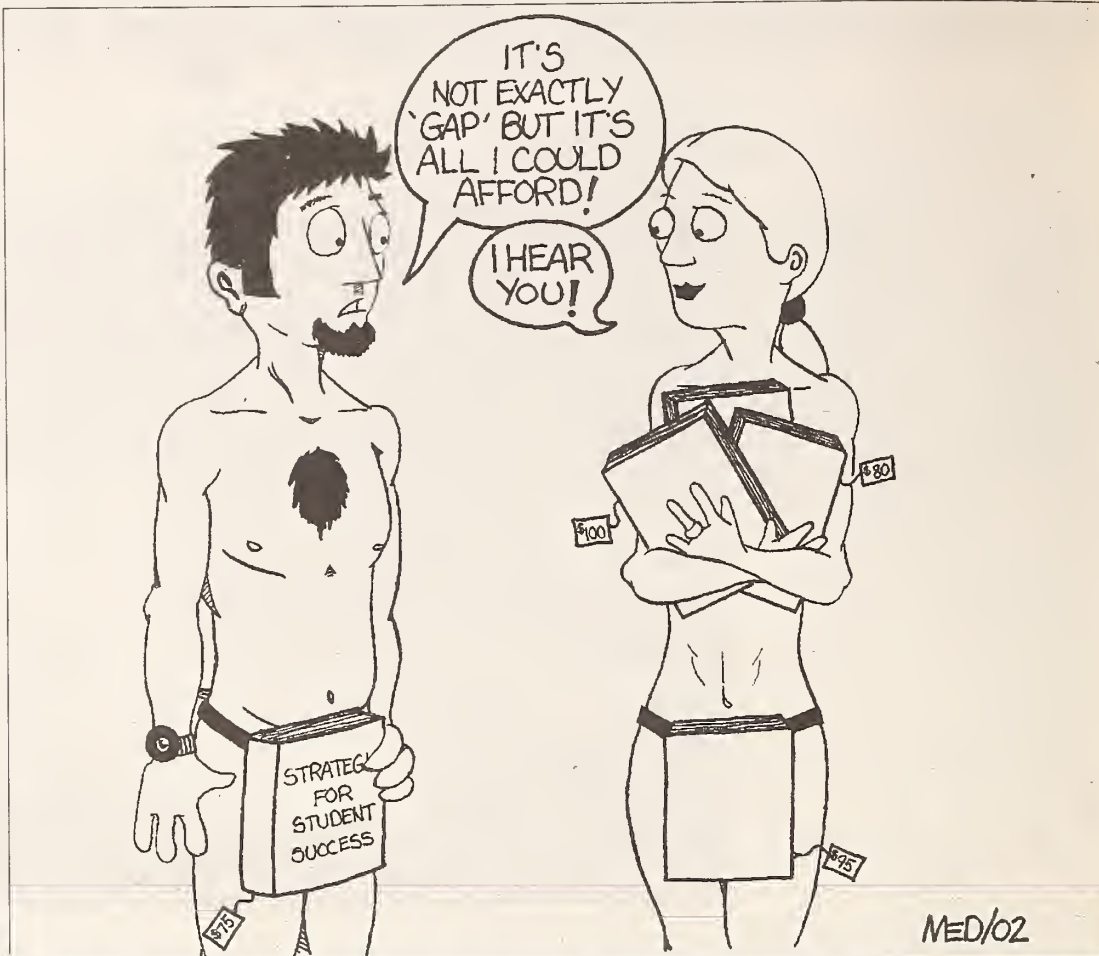
But that does not mean that you have to go wild and out of control at events. Alcohol is a part of student life. So is responsible drinking. You want to remember the times you had and drinking yourself senseless is no way to enjoy yourself. More often than not you end up not enjoying yourself if you drink to excess.

Nor does participating in student life mean that you forsake all your classes. You are a Conestoga student because you are here to get an education. Student life is the balance between success in your studies and burn out.

Admittedly student life does take away from studying. However, it doesn't have to. Good study habits and a good work ethic, two criteria that got you into college, will compensate. Cramming doesn't work. It's a proven fact. What does work is a balanced study schedule.

Classes are the most important aspect of student life. They are what make you a student. You've paid for your education; you should get the most out of it.

But the other aspects, the pub nights, the sporting events and live entertainment are also important aspects of student life. Enjoy it all.



## School's in all year

Summer's over and what a drag.

No more beach, no more lazy Saturdays, no more golfing (which surprisingly I didn't do this year). Well two out of three ain't bad.

Just think, school's here. Oh my god, school's here!

And you should be excited to be a student at Conestoga College this year because you're going to have an unprecedented level of fun.

This summer, Conestoga Students Inc. has worked very hard to make sure that this year is going to be an awesome one for the students.

And why shouldn't students have fun on campus? Why shouldn't they take pride in the school they are attending?

I don't see why students shouldn't enjoy the entire college experience. After seven years of school, I will forever remember the good times I had getting involved with student life over some obscure lecture on soil erosion or the value of knowing Canadian Press style.

I got involved in my four years at university because I learned the early lesson that the most well known people on campus were the people who got involved and knew



Jody Andruszkiewicz

Opinion

how to have a great time.

The people I got to know and the people who got to know me were met at events like frosh week, sporting events, pub nights, homecoming, and campus recreation.

It wasn't always a party. And sometimes there were conflicts. But at the end of the day it didn't matter and all conflicts were resolved because it was student life and student life is fun.

When I came to Conestoga because I needed the job skills this school provides, I got involved. Why wouldn't I? I just did it for four years at university even though my education didn't land me a job. And of course, I had a great time as a student at Conestoga.

Through working with the athletic council, the student newspaper and the student union, I had fun. Last

year was the most rewarding year of my life as a student. Sometimes there were rough and stressful moments. But at the end of the day it didn't matter and all conflicts were resolved because it was student life and student life is fun.

Of course you need to balance school with student life. I mean, you have to be a student in order to participate in student life. It only makes sense.

That's why student life is spread out over the eight months you're in school. Trust me when I say this but participating in student life is actually good for your studies. I've known that secret for seven years.

And now I'm imparting my wisdom on you. I'm a veteran of the post-secondary education system. Some might even call me a crafty veteran because I survived it.

I admit that I turned down the occasional night out because I wanted to succeed as a student. But I also knew that even though I was missing that event, there would be another one soon and I would be there.

Jody Andruszkiewicz is a full-time staff member of the CSI.



### Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:  
The Editor, Spoke, 299 Doon Valley Dr.,  
Room 4B14, Kitchener, Ont.,  
N2G 4M4

## Spoke

is published and produced weekly by the journalism students of Conestoga College.  
This special orientation issue is produced by Jody Andruszkiewicz, a graduate of the journalism program and current CSI staff.

Editor: Jody Andruszkiewicz

Faculty Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

Spoke is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in Spoke are not endorsed by the CSI unless their advertisements contain the CSI logo. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).



# New Christian radio station in the works for K-W

By SHANNON McBRIDE

Dave MacDonald is not just a weatherman.

Though he reports the weather full-time on CKCO-TV in Kitchener, his interests and pursuits reach far beyond the walls of the TV station.

One of MacDonald's projects in the works is a new Christian radio station for Kitchener-Waterloo called Faith FM.

MacDonald was asked nearly eight years ago to join a team of Christians, called Sound of Faith Broadcasting Inc., interested in developing a high-frequency station to serve most of southwestern Ontario. The original plan was to base the station in Woodstock.

After trying to find the necessary financial support for such a project, the team realized that a series of smaller stations would be more realistic.

While some members of the team

went to London to create Grace-FM, MacDonald and his crew were sent to Kitchener to develop what will be called Faith-FM.

MacDonald said the process of developing a radio station is long and involved. At this point, his team has filed an application to the Canadian Radio-television and Telecommunications Commission (CRTC) and they are waiting for a response. With this application they needed to show a financial plan and a programming plan meeting CRTC standards.

Some of these standards include meeting a requirement of several hours of programming from alternate faith groups.

"Certainly with what's going on in the Middle East right now the Muslim community deserves a voice," MacDonald said.

His group also plans to host call-in shows at which time people of any faith can share their opinion.

Besides applying to the CRTC,

Faith-FM has also had to apply to Industry Canada to receive a frequency on which to air its programming.

MacDonald and his team have had trials with this aspect of the process because there are always other stations applying for frequencies that could cause interference. The new station's frequency may have to be changed several times before it finds a home where it can be well heard in Waterloo Region.

MacDonald said it is important to him for the station to be heard because his primary goal is to spread the Gospel.

"The spreading of the Gospel through Christian radio is something that has been sorely missing in Canada," he said.

"Our main focus is to become a unifying force in the Christian community."

He also hopes to help local Christian musicians find a base

from which to broadcast their music.

"Local broadcasters aren't covering local Christian artists," he said, adding that the artists can't make music a full-time career unless their music is aired.

Through creating a new Christian station, MacDonald hopes to provide enjoyable and acceptable programming to the Christian community.

So far, MacDonald and his crew have received lots of support to reach their goals for the station.

This support has come from churches, other ministries, businesses, advertisers and individuals, in the form of prayer and finances.

Faith-FM has sold more than 800 memberships for the station. The memberships cost \$10 a year and serve as another way to reach financial goals.

MacDonald hopes that the memberships could eventually serve as a

way to promote businesses that sponsor the station.

"The membership could serve as a discount card that would help the station and its sponsors," he said.

MacDonald said he doesn't want to be asking listeners for their money all of the time.

"We're going to try to keep that sort of thing to a dull roar," he said.

He hopes to finance the station through advertising support and possibly an annual fundraiser.

Faith-FM is committed to Christian programming, but MacDonald hopes to attract some non-Christian listeners as well. About 70 per cent of airtime will feature a variety of Christian music and the remaining 30 per cent will be reserved for talk shows and other spoken word.

For more information visit Faith-FM Web site at [www.faithfm.org](http://www.faithfm.org) or send e-mail requests to [info@faithfm.org](mailto:info@faithfm.org).

## Welcome to **Waterloo Campus** Conestoga's Information Technology Centre

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### Training and Development

**We wish you Success**

## Maintain your tires

By MARY SIMMONS

Are your tires safe?

Transport Canada has published a brochure to help you make sure you're aware of the safety issues.

Riding On Air was designed to promote tire safety and provide the information required to maintain your tires properly.

It says that proper tire inflation is not only critical to the safe operation of your vehicle, but will also improve fuel economy, extend tire life, provide better vehicle handling and help to prevent avoidable breakdowns and accidents.

Without proper maintenance, such as correct inflation pressure, tires could suddenly fail, causing you to lose control of your vehicle.

According to the pamphlet, your tires should be checked at least once a month.

One of the most common prob-

lems is that tires are often under inflated. This will reduce tread life and increase fuel consumption.

Remember to rotate your tires as often as is recommended by your owner's manual.

Tires should be stored upright in a cool, dark and dry indoor location. Do not store tires near electric motors because they produce ozone, which can damage the rubber.

Tire Safety Checklist tips include:

• Inspect tires for uneven tread wear, cuts or cracks, bulges, foreign objects, or other signs of wear or trauma.

• Rotate your tires on a regular basis.

• Always check tire pressure before going on a long trip.

• When installing new tires, always make sure tires of the same type, size, speed rating and load index are used.

## Welcome to **Guelph Campus** Conestoga's Trades & Apprenticeship Centre

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**WE WISH YOU SUCCESS**



# Sanctuary has an exciting new look

By JODY ANDRUSZKIEWICZ

The place students call home while on campus looks a little different this semester.

This summer, the Sanctuary underwent a facelift and is coming back, looking better than ever.

Gone are the beaten up couches and a couple of walls. Replacing them are new furniture and a rather spacious looking hall where the arcade and television room were located.

At the end of the 2001-2002 academic year, Conestoga Students Inc. (CSI) decided to renovate the student lounge to meet its current and upcoming needs.

According to CSI president Jon Olinski, the change was necessary because the student population has

grown significantly since the last renovation four years ago.

"It was important to maximize the use of the space within this area," he said.

The arcade's new home is an old one. When the Sanctuary was renovated, the Doon Student Association, the name of the CSI before the name change in 2000, moved the arcade from its room at the front corner of the Sanctuary to a larger room in the back corner.

However, when the walls came crashing down this summer, the arcade needed a new home. At that point, the CSI had a room perfect for the new arcade. They reconverted the old room from a storage room back to an arcade. Since the wiring and ventilation system was

already in place, all that was needed was some new flooring and a new paint job and the arcade reborn.

Also gone is the Crossroads Room. A former meeting room for the CSI, it's now going to be an open-access computer lab.

This new lab will be connected to the school's network so that students can access assignments saved on their hard drive as well as assignments located on the school's system.

Perhaps the biggest upgrade in the Sanctuary is in the furniture. The old furniture was in rough shape. Replacing the old cloth couches is new leather furniture.

"The new furniture was seen as necessary," said Justin Falconer, vice-president of academics.

"Unfortunately, three years ago when the furniture was originally purchased the lifespan of the material and design was not taken into consideration. Although leather is more expensive than alternative materials, it lasts longer and looks nicer, making it an economical purchase that all students will enjoy."

Falconer also said the upgraded Sanctuary will have a better image than what it had last year.

"By cleaning up the image of the Sanctuary we hope to increase student involvement, decrease student garbage and make the student's room more attractive for future visitors of the college, including prospective students."

The obvious focus of the renovated student lounge is to make it

more student friendly. To go one step further, the CSI has also opened a bar on a limited basis.

"I think the thing that I'm most excited about this year is the use of the bar," said Jay Mielke, vice-president of student activities. "This year the CSI plans on running many pub events. I think having a functional bar will help in creating unity and traditions at the college."

Olinski said that many other student leaders envy the Sanctuary and that he is excited about having the bar open regularly for night events.

"If the pubs and bus trips last year are any indication of how our students are going to party this year, this year is going to be a fantastic year."

## Preventing the preventable cancer

By SARAH MCGOLDRICK

Each year it kills 6,400 Canadians, yet it's something that few people want to talk about.

According to the Canadian Cancer Society, 17,200 Canadians are diagnosed with colorectal cancer each year. Of that, 9,300 will be men and 7,900 will be women making it the third leading cause of

death from cancer among both men and women.

On average 331 Canadians are diagnosed with colon cancer every week and 123 will die.

The disease occurs in the large intestine as a result of malignant tumours known as polyps.

One-third of all colon cancer cases occur before the age of 50 but it is preventable. Those who seek

treatment early or who receive early detection have a 75 to 90 per cent survival rate. However, those who do not, have a 30 to 50 per cent survival rate.

Risk factors can vary depending on age and lifestyle. In most cases eating plenty of healthy foods is enough to significantly lower the risk of developing colon cancer.



(Photo by Sarah McGoldrick)

People who use phones while driving have been accused of causing accidents on Canadian highways.

## Cellphones can be deadly

By SARAH MCGOLDRICK

No matter where you drive you will always see someone using a cellphone. They cut you off and they don't signal.

With all the discord there has yet to be any legislation passed to ban cellphone use while driving.

In 14 countries cellphones and driving are a thing of the past. On June 28, 2001 New York Governor George Pataki signed legislation banning the use of cellphones while driving, effective Nov. 1 of that year.

On May 14, 2001 MPP for Durham Region John O'Toole introduced Bill 49. It called for the prohibition of the use of cellphones and other equipment while driving.

Along with the new restrictions, there would also be some exemptions. The use of cellphones for emergency calls while driving would still be permitted. Fire, ambulance and public vehicles would also still be allowed to use cellphones while driving and hands-free devices would also be permitted.

In a study published in the New England Journal of Medicine, it was reported that the risk of accidents quadrupled when talking on a cellphone.

However, the study was not seen as proof since it used numbers from 1994-95.

Cellphones are now seen as a distraction and many people want something done.

Today the number of Canadians using cellphones has escalated to

10 million. However, road fatalities have decreased 10 per cent.

In Ontario, a person caught doing anything while driving that would be considered distracting, including putting on makeup or eating, can be fined up to \$325 and lose six demerit points.

Similar laws apply in other provinces, however no laws exist anywhere else in Canada banning cellphones while driving.

Part of the reason any potential legislation has met with opposition is the number of emergency calls made from cellphones each year. The Canadian Safety Council reports that more than three million 911 calls are made from vehicles.

A May 2001 study by the American Automobile Association said distracted drivers accounted for nine per cent of serious crashes, with 1.5 per cent of those making phone calls.

### SAFETY TIPS

The following are recommendations from the Canada Safety Council on how to drive safely while using a cellphone:

Keep your hands on the wheel  
Use a hands-free model  
Stay in your lane  
Use speed dialing  
Never dial while driving  
Take a message  
Know when to stop talking  
Don't take notes while driving  
Pull over when making a call

### WHAT DO YOU DO...

...if you are away from home for the first time and feeling lonely?

...if you are experiencing personal problems?

...if you are anticipating academic difficulties?

...if you are worried about tests, presentations or your placement?

...if you are not sure your previous study habits will work for you in College?

...if you have questions, concerns about anything?

**Don't wait Don't hesitate.  
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Drop in to Room 2B02 Student Services Doon Campus  
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Student Services main Office Waterloo Campus  
885-0300 Ext. 224.

Student Services main Office Guelph Campus 824-9390  
Ext. 148.



# Will the real CSI please stand up?

By JODY ANDRUSZKIEWICZ

You'll see them wandering around the halls of Conestoga decked out in similar clothing.

No, they aren't the nursing students or the Backstreet Boys, they are the Conestoga Students Inc. (CSI) executive and they are here to help students.

Leading the way for the second year is Jon Olinski, returning as president. A graduate of the management studies program at Conestoga, Olinski said he is committed to working closely with the college to promote and implement enhancement for student services.

"I feel that I am a positive and powerful voice for students at all levels of the college to ensure that the college takes the view of students in planning and priorities," he said.

One of the ways he's doing that has been as president of the College Student Alliance, a provincial lobbying organization that represents full-time college students to the Ontario government.

Olinski has met with member colleges within the region as well as members of government on several occasions to solicit their support for college students in Ontario.

To promote growth and enhancement internally as well as externally, Olinski also sits on the provincial Key Performance Indicator (KPI) steering committee. KPIs are benchmarks used by the province to gauge quality and student satisfaction on campuses across Ontario.

What you might not know about your president is that he was born in Saskatchewan and currently holds a CIM designation from the Canadian Institute of Management.

Olinski is definitely the senior statesman when it comes to being involved with CSI. However, Justin Falconer and Jay Mielke are in their second year of CSI involvement.

Falconer is a third-year management studies student who has attained an overall 85 per cent average in his courses. While he is committed to his studies, Falconer is also committed to the students and the growth of the CSI.

"Conestoga Students Inc. is an excellent opportunity to share your opinions, voice your concerns, meet new people and work hard, all the while learning and building your community," he said.

As vice-president of academics for CSI, Falconer is the lead student advocate, helping students with their grade appeals and promoting student rights and responsibilities across campus.

Coming from Baden, Falconer says his only regret is that he didn't get involved in his first year at Conestoga. Despite his not getting involved earlier, Falconer said he is continually striving to promote the student perspective to the college's administration.

The other half of the sophomore tandem is Mielke. A third-year marketing student, Mielke is the vice-president of activities for the CSI. Sometimes he jokes about his position being the "VP of Fun" but Mielke said he has worked very hard to provide an interesting year of activities for the students.

"I realize the diversification of our student body and have tried to vary the types of events that will be run this year," he said.

"It is my goal to have every student attend at least five events throughout the year."

Another local, Mielke said he got his first glimpse of the great opportunity it would be to be a CSI executive through his involvement on the CSI board of directors last year.

And Mielke said he plans to use his experience as an executive and his education to get into the field of

sports marketing. He's even involved with the Kitchener Panthers Major Inter-county baseball team and the Kitchener Rangers hockey team working in their promotions departments.

Every team needs a rookie, including this one. And the CSI doesn't disappoint by having Jeff Stemmler who is in his third year of management studies at Conestoga.

When he's not being a student, Stemmler can be found working in the kitchen of the Edelweiss Sports Bar. The rest of the time, you can

find him working in the CSI office.

"I want to develop and implement successful marketing campaigns on campus," he said.

With over 25 posting boards, advertising in Spoke, and speaking on CJIQ, Stemmler's going to be busy this year.

Welcome to

## Cambridge Campus

Academic Upgrading  
Employment Training Readiness  
Focus for Change

### REGISTRATION FORM FOR STUDENT SUCCESS SERIES WORKSHOPS

One fee of \$15.00 allows you to register for as many workshops as you choose. There is no fee for the Aboriginal/Metis Meeting or the Women in Technology Meeting or Campus Tours. Check with Student Services, Doon Campus Room 2B02, to register or call 748-5220 ext. 3360.

#### Monday, August 26, 2002

- 1:00 pm – 1:45 pm ☐ Campus Tour
- 1:00 pm – 2:00 pm ☐ Time Management
- 2:15 pm – 3:15 pm ☐ Listening and Notetaking
- 2:15 pm – 3:00 pm ☐ Campus Tour
- 3:30 pm – 4:30 pm ☐ Effective Textbook Reading

#### Wednesday, August 28, 2002

- 1:00 pm – 1:45 pm ☐ Campus Tour
- 1:00 pm – 2:00 pm ☐ Effective Textbook Reading
- 1:00 pm – 2:30 pm ☐ Women in Technology Meeting
- 2:15 pm – 3:15 pm ☐ Listening and Notetaking
- 2:15 pm – 3:45 pm ☐ Mature Student Workshop
- 2:15 pm – 3:00 pm ☐ Campus Tour

#### Tuesday August 27, 2002

- 1:00 pm – 1:45 pm ☐ Campus Tour
- 1:00 pm – 2:00 pm ☐ Time Management
- 2:15 pm – 3:45 pm ☐ Mature Student Workshop
- 2:15 pm – 3:00 pm ☐ Campus Tour

#### Thursday August 29, 2002

- 1:00 pm – 1:45 pm ☐ Campus Tour
- 1:00 pm – 4:00 pm ☐ How to Write Effectively
- 2:15 pm – 3:00 pm ☐ Campus Tour
- 2:30 pm – 3:30 pm ☐ Aboriginal/Metis Meeting

For Tours assemble at Door #4, Main Doon Campus Building

For workshops, rooms will posted by Door #4, Main Doon Campus Building



# Welcome to Conestoga College!

## CSI Events for September 2002

CONESTOGA

STUDENTS INC.

### Welcome to Free Pleasure and other awesome festivities!

September 2	September 3	September 4	September 5	September 6
Pre Conestoga Bash at Fiddler's Green Pub (buses leave at 8:30)	James Cunningham Comedy in the Sanctuary (11:30 - 1:30)	James Bond Casino with Barney the Magician (10:30 - 2:30)	Pond Party (11 - 3)	
September 9	September 10	September 11	September 12	September 13
Sumo Wrestling (11:30 - 1:30)	The Doo Wops Musical Comedy (11:30 - 12:30)	Day of Remembrance	Rick Bronson Comedy in the Sanctuary (11:30 - 12:30)	
Monday Nighter	Twisted Tuesday		Pub Night - Toga Party	
September 16	September 17	September 18	September 19	September 20
Pool Tournament Signups		Dan Valkos Psychic Entertainer (11:30 - 12:30)	Pool Tournament Signups End	Imaginus Poster Sale in Sanctuary (9 - 8)
Monday Nighter	Twisted Tuesdays		Imaginus Poster Sale in Sanctuary (9 - 8)	
September 23	September 24	September 25	September 26	September 27
Gerry Watson Pool Shark Entertainment (11:30 - 12:30)	Pool Tournament Begins	Bubble Tea (7:30pm in Sanctuary)	CBSA Pub Night - Austin Powers	
Monday Nighter	Twisted Tuesdays			
September 30				
Drug and Alcohol Awareness Week				
Monday Nighter				

Enjoy free pleasure all year!!!

Watch the CSI Boards for more info